

Suggestions to Women "Just Ready to Drop"

When you are "just ready to drop," when you feel so weak that you can hardly drag yourself about—and because you have not slept well, you get up as tired out next morning as when you went to bed, you need help. Vinol will help you just as it did these two women. Why not try it?

HERE IS PROOF

Pittsburgh, Pa. "I keep house for my husband and myself and I got into a weak, run-down, nervous condition and no appetite. I heard how Vinol helped others and tried it and it built me up so I am strong, have a good appetite and feel better in every way." — Mrs. James Croker.
Holmdel, N.J. "I live on a farm and am a hard working woman and for weak, run-down, overworked conditions have found nothing that will create an appetite, build me up and make me strong equal to Vinol. It helped several others in our neighborhood, too." — Mrs. Thomas Ellis.

For all run-down, nervous, anemic conditions, weak women, overworked men, feeble old people and delicate children, there is no remedy like Vinol.

Vinol Creates Strength

"MAHOOD'S DRUG STORE AND AT THE BEST DRUG STORE IN EVERY TOWN AND CITY IN THE COUNTRY."

New Goods Just Arrived

SUNKIST Seeded and Seedless Raisins. In packages only. Buy from your grocer.

PRESERVE the LEATHER

LIQUIDS and PASTES: For Black, White, Tan and Ox-Blood (dark brown) Shoes.

KEEP YOUR SHOES NEAT

2 IN 1

SHOE POLISHES

THE F. J. DALLEY CORPORATION, LIMITED, HAMILTON, CANADA



CANDLE POWER
O.K.
H.E.P. COMM. OF ONT.

CURRENT CONSUMPTION
O.K.
H.E.P. COMM. OF ONT.

FREEDOM FROM DEFECTS
O.K.
H.E.P. COMM. OF ONT.

LIFE
O.K.
H.E.P. COMM. OF ONT.

HYDRO QUALITY LAMPS TESTED IN FOUR WAYS

First Test... for Candle Power
Second Test... for Current Consumption
Third Test... for Mechanical Defects
Fourth Test... for Length of Life

A PORTION of every shipment of HYDRO Quality Lamps is taken at random to be tested. If any lamp fails to pass the rigid tests the entire shipment is rejected.

All tests are conducted by experts in the laboratories of the Hydro Electric Power Commission of Ontario—the most completely equipped electrical testing laboratories in Canada.

The tests of HYDRO Quality Lamps aid the Commission in realizing the objects for which it was created—to furnish the best possible service at the lowest possible rates. When HYDRO Quality Lamps are used for home lighting the consumer is assured maximum brilliancy and long life combined with minimum current consumption.

HYDRO Quality Lamps are obtainable at the Hydro Shop.

HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO

SOLD BY—
CIVIC UTILITIES
Hydro Shop



The Market Reports

FIVE STOCK MARKETS.

Toronto, April 8.—Choice heavy steers, \$14 to \$15.50; do, butchers, \$13.50 to \$14.50; do, medium, \$11 to \$12; do, common, \$9 to \$10.50; Hefers, good to choice, \$10 to \$12.50; Butcher cows, choice, \$9 to \$12; do, medium \$7 to \$8.50; Bulls, choice heavy \$10.50 to \$11.50; do good, \$9.50 to \$10; do, light, \$9 to \$9.50; do, canners, \$7.50 to \$8.50; Feeders, 800 to 1,000 pounds, \$13 to \$13.50; do, 800 pounds, \$12 to \$12.50; do, 700 to 750 pounds, \$11.25 to \$11.75; do, light mixed, \$9 to \$10; Grass cows, \$8 to \$8.75; Milk Cows, \$7.50 to \$10; Lambs, \$16 to \$20; sheep, light, \$13 to \$15; heavy sheep and bucks, \$8 to \$10; Calves, \$14 to \$17.50; Hogs, fed and watered, \$20.50; do, off cars, \$20.75; do, f.o.b. \$19.75 to \$20; do, at country points, \$19.50 to \$19.75.

Chicago, April 8.—Hogs, heavy weight, \$20.50 to \$20.50; medium weight, \$20.15 to \$20.50; low weight \$17.50 to \$20.40; light weights, \$18.10 to \$20.10; sows, \$18 to \$19.75; pigs, \$17.50 to \$18.75. Heavy beef steers, \$11.50 to \$20.40; light beef steers, \$18 to \$18.75; butcher cows and heifers, \$7.50 to \$15; canners and cutters, \$5.25 to \$10; veal calves, \$14 to \$16.25; stocker and feeder steers, \$8.25 to \$15.50. Quotations on woolled stock: Lambs, \$4 pounds or less, \$18.25 to \$20.35; 85 pounds or better, \$17.75 to \$20.35; culls, \$14 to \$17.75.

Buffalo, N.Y., April 8.—Cattle, prime steers, \$17.50 to \$18.50; shipping steers, \$16.50 to \$17; butchers, \$10 to \$16.50; yearlings, \$10 to \$16.75; heifers, \$10 to \$13.75; cows, \$5 to \$12; bulls, \$7.50 to \$12; stockers and feeders, \$6 to \$12.50; fresh cows and springers, \$65 to \$150. Calves, active, \$6 to \$20.50. Hogs, heavy, \$20.75 to \$20.90; mixed and yorkers, \$20.75; light yorkers, \$20 to \$20.25; pigs, \$20; roughs, \$17.50 to \$18; stags, \$12 to \$15. Wool lambs, \$15 to \$20.75; clipped lambs, \$12 to \$17.75; yearlings, \$11 to \$15.50; wethers, \$14 to \$14.50; ewes, \$5 to \$11; mixed sheep, \$13 to \$13.50, (all clipped).

Montreal, April 8.—Choice steers, \$14 to \$15; good, \$12.50 to \$13.50; medium, \$11 to \$12; common, \$10 to \$11; choice butchers' bulls, \$11 to \$12; good, \$10 to \$10.50; medium, \$7 to \$10; choice cows, \$11 to \$12; good, \$10 to \$13.50; medium, \$7.50 to \$9.50; sheep, \$8 to \$10. Lambs, \$13 to \$15. Milk-fed calves, \$7 to \$15.

Winnipeg Live Stock.—Butcher steers, \$10 to \$15.75; heifers, \$7 to \$13; cows, \$4.50 to \$12; bulls, \$6 to \$9.50; oxen, \$5.50 to \$12; stockers and feeders, \$6.75 to \$13.50; calves, \$5.50 to \$15; sheep and lambs, \$10 to \$15. Hogs, select, \$20; sows and heavy, \$14 to \$17; stags, \$12 to \$13; light, \$15 to \$17.

GRAIN QUOTATIONS.

Toronto, April 8.—Manitoba wheat—in store, Fort William: No. 1 northern, \$2.24½; No. 2 northern, \$2.20½; No. 3 northern, \$2.17½; No. 4 wheat, \$2.11½. Manitoba oats—No. 2, C.W., 72½c; No. 3, C.W., 69½c; No. 1 feed, 69½c; No. 2 feed, 64c, in store, Fort William. American corn—No. 2, \$1.80, nominal; No. 4, \$1.77, prompt shipment, track, Toronto. Manitoba barley, in store, Fort William, No. 3, C.W., \$1.03½; No. 4, C.W., 98c; rejected, 92½c; feed, 91½c. Ontario wheat—No. 1 winter, \$2.14 to \$2.22; No. 2 winter, \$2.11 to \$2.19; No. 3 winter, \$2.07 to \$2.15; No. 1 spring, \$2 to \$2.17; No. 2 spring, \$2.05 to \$2.14; No. 3 spring, \$2.02 to \$2.10; f.o.b. shipping points, according to freight. Ontario oats—No. 2, white, 69c to 71c; No. 3, 67c to 69c, according to freight outside. Barley—Maltling, 93c to 95c. Peas—No. 2, \$1.70 to \$1.80, nominal, according to freight outside. Buckwheat—No. 2, 90c, nominal. Rye—No. 2, \$1.65, nominal. Manitoba flour—Government standard, \$10.75 to \$11, Toronto. Ontario flour—Government standard, \$9.85 to \$9.75. Toronto-Montreal, \$9.65 to \$9.75, new bags. Millfeed—Car lots, delivered, Montreal shorts, \$44 to \$48; bran, \$42 to \$48; feed, flour, not quoted; middlings, not quoted; good feed flour, per bag, \$2.70 to \$2.90. Hay—Baled, track, Toronto, car lots, No. 1, \$24 to \$26; No. 2, mixed, \$22 to \$23 per ton; straw, car lots \$10 to \$11.

Montreal, April 8.

Montreal, April 8.—Oats, extra

NEW POLITICAL PARTY.

Dinner to be Given by Col. Pratt Viewed as Significant. Toronto, April 8.—A soldiers' political party may soon be an accomplished fact in the province of Ontario. To-night Lieut.-Col. Arthur Pratt, M.P.P. for Norfolk, is to give a dinner to soldier members of the Ontario Legislature and to other military men. That the high fathering of Canadian fighters may result in the formation of a soldiers' party. Col. Price, M.P.P., is reported to be among those in favor of a soldiers' party. Request to King's College. Halifax, N.S., April 8.—Dr. T. S. Boyle, president of King's College, received word from London that the University of King's College, Windsor, N.S., is to receive 215,000 sterling under the will of the late Lady Halliburton. Lord Halliburton, who died some years ago, was a grandson of the celebrated "Sam Slick," and was himself a distinguished graduate of King's College. A Modern Fable. Ottawa Journal. Peter the Pocket Picker did not fear the High Cost of Living because he had been trained to lift things. He thought high prices meant nothing to him. No matter how much the Respectable Robbers boosted prices, Peter the Pocket Picker merely lifted more things and lifted them higher. It was only when Peter the Pocket Picker found he simply couldn't make both ends meet that he realized the Respectable Robbers had ordinary thieves beaten off the map. Peter the Pocket Picker could take candy from a baby, but the baby always howled in protest. When the Respectable Robbers got through skinning their victims the poor devils merely looked puzzled and dejected. They were too hungry to howl, but they did yearn for justice and enough money to buy patches for their pants.

LIFT OFF CORNS WITH FINGERS

Doesn't hurt a bit and costs only few cents



Magic! Just drop a little Freezone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers. Truly! No humbug! Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and callouses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius.

No. 1 feed, 82½c. Spring wheat, new standard grade, \$11 to \$11.10. Rolled oats, bag 90 lbs., \$3.60 to \$3.75. Bran, \$42.25. Shorts, \$44.25. Hay, No. 2, per ton, car lots, \$26.50 to \$27.

Winnipeg, April 8.—Oats, No. 2 C.W., 72 1-4c; No. 3 C.W., 69 1-4c; extra No. 1 feed, 69 1-4c; No. 2 feed, 64c. Barley—No. 3 C.W., \$1.03 3-4; No. 4 C.W., 98c; rejected, 92 3-4c; feed, 91 3-4c. Flax—No. 1, N.W.C., \$3.65½; No. 2 C.W., \$3.56½; No. 3 C.W., \$3.40½.

Chicago, April 8.—Corn, No. 3 yellow, \$1.61 to \$1.62½; No. 4 yellow, \$1.58½ to \$1.59½; No. 5 yellow, \$1.55 to \$1.56½. Oats—No. 3 white, 67 3-4 to 68½c; standard, 69 1-4 to 69c. Rye, No. 2, \$1.75 to \$1.74½. Timothy, \$8 to \$10.75. Clover nominal. Pork nominal. Lard, \$28.75. Ribs, \$26.50 to \$27.50.

Minneapolis, April 8.—Flour unchanged; barley, 97c to \$1.07; rye, No. 2, \$1.69½; bran, 38c; flax, \$3.84 to \$3.87. Duluth, April 8.—Lined on track, \$3.87 to \$3.88; arrive, \$3.87; May, \$3.87; July, \$3.80; October, \$3.46 asked.

New York, April 8.—Flour firm; spring patents, \$1.60 to \$2.12; spring clear, \$1.75 to \$2.12; rye flour steady; fair to good, \$8.50 to \$9; choice to fancy, \$9.05 to \$9.50; white corn flour steady, \$4 to \$4.25. Hay steady; No. 1, \$1.30 to \$1.85; No. 2, \$1.05 to \$1.75; No. 3, \$1.55 to \$1.60. Hops steady; state medium to choice, 1918, 30 to 40c; 1917, 20c to 22c; Pacific coast, 1918, 27c to 43c; 1917, 25 to 30c.

GENERAL TRADE.

Montreal, April 8.—Cheese, finest easterns, 24 to 25c. Butter, choicest creamery, 60 to 61½c. Eggs, fresh, 47 to 48c. Potatoes, per bag, car lots, \$1.30 to \$1.50; dressed bags, absolute killed, \$27.50 to \$28. Lard, pure, wood pails, 20 lbs. net, 30½c to 31c.

Toronto, April 8.—Butter, choice dairy, 55c to 60c; do, creamery, 63c to 68c; margarine, lb., 35c to 40c; eggs, new laid, doz., 45c to 50c; cheese, lb., 35c to 38c; turkeys, lb., 55c to 60c; fowl, lb., 35c to 42c; chickens, roasting, 40c to 45c; geese, lb., 30c to 33c; apples, bkt., 40c to 90c; do, dbl., \$6 to \$10; oranges, doz., 40c to 50c; lemons, doz., 20c to 30c; grapefruit, doz., 75c to \$1.50; beets, peck, 30c; do, bag, \$1 to \$1.10; carrots, peck, 30c; do, bag, \$1.25; cabbage, each, 10c to 15c; cauliflower, each, 20c to 35c; celery, head, 10c to 20c; lettuce, 3 bunches for 10c; do, head, 15c to 20c; onions, 75-lb. sacks, \$2 to \$2.50; do, bkt., 30c to 60c; do, pickling, bkt., 40c to 75c; do, green, bunch, 5c to 10c; leeks, bunch, 30c; parsley, bunch, 10c to 15c; parsnips, bag, \$1 to \$1.10; do, peck, 25c to 30c; potatoes, bag, \$1.40 to \$1.50; rutabaga, bch., 10c to 15c; sage, bunch, 5c to 10c; spinach, peck, 50c to 75c; savory, bunch, 5c to 10c; turnips, bag, 75c; do, peck, 20c.

Bavarian troops proclaim the state a Soviet republic. They have occupied Parliament House at Munich and installed machine guns. The Prince of Wales made a flight over London Monday in an airplane. The trip lasted an hour.

THE DEPOSED OIL KINGS.



COWDRAY ROCKEFELLER

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87 Years of Growth

Ever since 1832 this Bank has been serving the Canadian public. Its steady growth in assets and deposits is as much a tribute to public confidence in its integrity as to its own efforts. Your savings account would be gladly received—and the regular interest and ultimate benefits will be decidedly welcome to you as time goes on. Paid-up Capital \$ 6,500,000 Reserve Fund - 12,000,000 Resources - 150,000,000

THE BANK OF NOVA SCOTIA

A. N. LYSTER
Manager Kingston Branch



We have a supply of cut hard wood and kindling.

Order your hard coal through the fuel controller.

J. Sowards Coal Co.

VICTORY BONDS
Bought and Sold
W. H. GODWIN & SON
Real Estate & Insurance
89 Brock St. Phone 494

AINSLIE'S Western Meat Market

Choice Western Beef
Pot Roasts 22c, 23c, 25c, 28c.
Sausage .20c, 22c, 25c, 28c.
Phone 153.
License No. 9-2757

CRYSTAL BOTTLING WORKS

AGENTS FOR
St. Lawrence Ale & Porter
Also manufacture all kinds of soft drinks. We deliver to all parts of the city.
A. Tyo,
475 Princess Street Phone 645

BE SURE YOU HAVE A DOOR MAT THESE MUDDY DAYS

And by so doing save your carpets, your wife's temper, and get the mud off your shoes with a good door mat on which you can properly clean your feet as anyone should who respects their home. We have the kind that do the work every time.
STEVENSON & HUNTER,
Phone 53 85-87 Princess St

Announcing the Prize-winners

in the
BOWES Peanut Butter Contest

WING to the great number of entries and the general high order of the recipes submitted to us in connection with this contest, it was found impossible to make the awards as early as we expected.

However, the selections have now been made, and we take pleasure in announcing the names of the fortunate prize-winners.

- 1st PRIZE, \$20.00.
MRS. JAMES F. NAPIER,
1596 Chateaubriand, Montreal, Que.
- 2nd PRIZE, \$15.00.
MRS. W. H. RICHARDS,
146 Moy Avenue, Windsor Ont.
- 3rd PRIZE, \$10.00.
MISS A. DAVIS,
228 Coristine Bldg., Montreal, Que.

In addition to these cash prizes, we are sending a jar of Bowes Peanut Butter to each of those contestants who sent in recipes, which we are about to use in our new recipe book, and every contestant will receive a copy of this book. We take this opportunity of thanking everyone who took part in this contest, and our one regret is that it is impossible for us to give each one a prize.

The Bowes Company Limited, Toronto